

## UNVEILING THE THERAPEUTIC POTENTIAL OF DASAMOOOLA HARITAKI AVA-LEHA IN TAMAKASWASA WSR TO BRONCHIL ASTHMA IN CHILDREN - A CRITICAL REVIEW

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### ABSTRACT

Children are the cornerstone of a nation's present and future prosperity. However, the rapid advancement of industrialization, modern lifestyle, and environmental pollution has led to a significant increase in respiratory tract infections, particularly Bronchial asthma, among children, which require proper care and attention. *Dasamoola Haritaki*, a unique Poly-herbal preparation, can be an ideal formulation for managing *Tamaka shwasa*, the Ayurvedic counterpart of Bronchial asthma. The majority of the ingredients in *Dasamoola Haritaki* possess *Ushna*, *Teekshna*, and *Kleda hara—Vatanulomaka* qualities, which can help reduce morbid *Vata* and *Kapha* doshas and can act as *Ojo vardhaka*, too. Therefore, *Dasamoola Haritaki* can serve preventive and palliative needs in managing *Tamakaswasa*.

**Keywords:** *Dasamula Hareetaki*, *Tamakaswasa*, Bronchial asthma

### INTRODUCTION

Children are the backbone of a nation's present and future prosperity. Healthy children are more likely to blossom into healthy adults. Child health is rightfully

regarded as a paramount concern in a progressive society. Consequently, there has been a surge of interest in enhancing their well-being and fostering a

brighter tomorrow for our young citizens. Still, Due to the steep advancement in the arena of industrialization, modern way of life, environmental pollution with undue exposure to fumes, dust, etc. [1], Respiratory tract infections are becoming more common in children, which accounts for more than 50% of patients attending the pediatric OPD in developing and even developed countries worldwide[2,3]. This could be because of their anatomical and physiological peculiarities, such as hypertrophied lymphoid tissues [4], mucous hypersecretion [5], immunological considerations [6], etc., which could invariably affect the functional ability of the respiratory system. Bronchial asthma is a chronic inflammatory disorder of the airways associated with airway hyper-responsiveness that leads to recurrent episodes of wheezing, breathlessness, chest tightness and coughing, particularly at night or in the early morning. These episodes are usually associated with widespread but variable airway obstructions, often reversible spontaneously or with treatment [G]. In India, the prevalence of asthma in school-going children has been reported between 4-20% in different geographic regions. The prevalence has increased twice in the last two decades [8]. The risk for developing asthma depends on a complex interaction of hereditary and environmental factors such as genetic predisposition, peri-natal factors, exposure to allergens, infections, environmental air pollution, diet and obesity [9].

*Tamakaswasa* is one among the five varieties of *Shwasa roga*. Morbid *Vata* and *Kapha* are the two factors involved in its etiopathogenesis, where vitiated *Kapha* causes *Margavarodha* [Obstruction] of *Pranavayu* in *Ura Pradesh*, due to which *Pranavayu* adopts *Viloma gathitwa* resulting in *Swasakrichrata*[Dyspnoea], *Gurgurukata*[Wheeze], *Pranaprapedana* [Chest discomfort], *Muhur – Murchaswasa* [Bouts of Dyspnoea] etc [10]. *Balyavasta* [Childhood period] is a period predominated by *Kapha dosha*, and repeated exposure to *Vata—Kapha prakopaka Ahara—vihara's* like *Raja, Dhuma, Sheetodaka* [Dust, smoke, pollens, cold foodstuffs] etc. can make the condition *Parama Durjaya* [very difficult to cure], especially among children. This not

only affects overall growth and development but even the *OJAS* [Resistance capacity] may get hampered due to the relapsing and longstanding nature of the disease. '*Dasamoola Haritaki*' – could be an ideal drug in *Samprapti vighatana* of *Tamakaswasa*. *Dasamoola* (Root of ten herbs) can act as *Shotha hara* [Anti-inflammatory], and *Vatashamaka* and *Haritaki* would be helpful in restoring the *Viloma gati* [Upward movement] of *Vayu* into *Anuloma gati* [Downward movement], which is essential in *Tamakaswasa*. At the same time, *Haritaki* is a potent *Rasayana Dravya* that can enhance the *Ojas*. It's *Ushna –Kleda hara—Vatanulomaka* qualities can also prevent the recurrence of diseases. Hence, *Dasamoola Haritaki* can serve preventive and soothing needs in *Tamakaswasa* management.

#### AIMS AND OBJECTIVES:

The study was undertaken to critically analyse the *Rasa Panchaka* and Mode of Action of *DasamoolaHaritaki's* ingredients in managing *Tamakashvasa*.

#### METHODOLOGY

A thorough review of classical textbooks, contemporary textbooks, and research articles is done to evaluate the effect of *Dasamoola Haritaki* in *Tamakashvasa* based on *Guna, Karma, and Doshaghna*. *Dasamoola Hareetaki*- is an essential polyhedral formulation with *Dasamoola* (Root of ten herbs) and *Haritaki* (*Terminalia chebula* Retz) as the main ingredients. The quantity of *Dasamoola Kwatha* (Decoction of roots of ten herbs) used in its preparation is said to be 1 *Kamsa pramana*, due to which it is also popularly known as *Kamsa Haritaki Avaleha*. Even though it is described primarily in *Shotha Roga* [11], it is indicated in several other diseases, such as *Jwara* (Fever), *Meha* (Excessive urine flow), *Amavata* (Rheumatism), *Pandu* (Anemia), etc.; its clinical usage in the management of *Shwasa* (Dyspnoea/Asthma) is highly debatable. *Rasa panchaka and Dosha Karmukhta* of Ingredients of *Dasamoola Haritaki Avalehya* as per *Bhavaprakasha Nighantu*[12]

| Sl.no | Ingredients  | Latin Name                               | Rasa                                 | Guna                           | Virya         | Vipaka  | Dosha Karma                    |
|-------|--------------|--|--------------------------------------|--------------------------------|---------------|---------|--------------------------------|
| 1.    | Bilwa        | Aegle marmelos Linn                      | Kashaya, Tikta                       | Laghu, Ruksha                  | Ushna         | Katu    | Kapha Vatahara                 |
| 2.    | Agnimantha   | Premnamucronata Roxb.                    | Katu, Tikta, Kashaya, Madhura        | Laghu, Ruksha                  | Ushna         | Katu    | Kapha Vatahara                 |
| 3.    | Shyonaka     | Oroxylum indicum(L) Benth ex Kurz.       | Madhura, Tikta, Kashaya              | Guru                           | Ushna         | Katu    | Kapha Pitta hara               |
| 4.    | Patala       | Stereospermum Suaveolans (Roxb.)DC       | Tikta, Kashaya                       | Laghu, Ruksha                  | Ushna         | Katu    | Tridoshahara                   |
| 5.    | Gambhari     | Gmelina arborea Roxb                     | Tikta, Kashaya, Madhura              | Guru                           | Ushna         | Katu    | Tridoshahara                   |
| 6.    | Shalaparni   | Desmodium Gangeticum DC                  | Madhura, Tikta                       | Guru, Snigdha                  | Ushna         | Madhura | Tridoshahara                   |
| 7.    | Prishnaparni | Uraria picta Desv                        | Madhura                              | Laghu, Snigdha                 | Ushna         | Madhura | Tridoshahara                   |
| 8.    | Brihati      | Solanum indicum Linn.                    | Katu, Tikta                          | Laghu, Ruksha, Tikshna         | Ushna         | Katu    | Kapha Vatahara                 |
| 9.    | Kantakari    | Solanum surattense Burm                  | Katu, Tikta                          | Laghu, Ruksha, Tikshna         | Ushna         | Katu    | Kapha Vatahara                 |
| 10.   | Gokshura     | Tribulusterrestris Linn.                 | Madhura                              | Guru, Snigdha                  | Shita         | Madhura | Vata Pitta hara                |
| 11.   | Haritaki     | Terminalia chebula Retz.                 | Madhura , Amla, Katu, Tikta, Kashaya | Laghu, Ruksha                  | Ushna         | Madhura | Tridoshahara                   |
| 12.   | Yavakshara   | Alkaline substance of Hordeum vulgare L. | Kashaya, Madhura                     | Guru, Ruksha, Sukshma (subtle) | Shita         | Katu    | Kapha Pitta hara               |
| 13.   | Guda         | Jaggery                                  | Madhura                              | Laghu, Snigdha                 | Shita         | Madhura | Vata Pitta hara                |
| 14.   | Madhu        | Honey                                    | Madura, Kashaya                      | Guru, Ruksha, Sukshma          | Shita         | Katu    | Kapha Vatahara                 |
| 15.   | Shunthi      | ZingiberofficinaleRosc.                  | Katu                                 | Laghu, Snigdha                 | Ushna         | Madhura | Vatahara                       |
| 16.   | Maricha      | <i>Piper nigrum Linn.</i>                | Katu                                 | Laghu, Tikshna                 | Ushna         | Katu    | Kapha Vatahara                 |
| 17.   | Pippali      | <i>Piper longum Linn</i>                 | Katu                                 | Laghu, Snigdha, Tikshna        | Anushna-shita | Madhura | Kapha Vata hara                |
| 18.   | Tvaka        | <i>Cinnamomnmzeylanicum Breyn</i>        | Madhura, Katu, Tikta                 | Ruksha, Laghu, Tikshna         | Ushna         | Katu    | Kapha Vatahara, Pitta Vardhaka |
| 19.   | Ela          | <i>Elettariacardamomum Maton.</i>        | Madhura, Katu                        | Laghu, Ruksha                  | Shita         | Shita   | Tridoshahara                   |
| 20.   | Patra        | <i>Cinnamomum tamala Nees and Eberm</i>  | Madhura, Tikta, Katu                 | Ruksha, Laghu, Tikshna         | Ushna         | Katu    | Kapha Vatahara                 |

## DISCUSSION

*Dasamoola Haritaki* is an important polyherbal preparation, which would be an ideal drug for managing *Tamakaswasa* in children. *Dasamoola and Haritaki* as chief Ingredients helps in *Samprapti vighatana* in *Tamakaswasa*.

Most of the ingredients in *Dasamoola Haritaki* are of *Ushna Veerya* in nature, and few are of *Sita Veerya*. *Katu, Tikta, Kashaya* and *Madhura* are the dominant Rasa's. *Laghu, Ruksha, and Tikshna guna's* are the predominant ones, with a few *Gurus, Picchila, and Snigdha Guna's* drugs. Most medicines are *Katu* in *Vipaka* and *Vatakapha Shamaka*, and few are *Tridoshahara* in nature. This unique pharmacological nature makes the formulation more effective in management and prevents the recurrence of *Tamakaswasa* in children.

*Dasamoola*, as the name suggests, contains roots from ten different plants. Of these, five are known as *Brihadpanchamula* and the remaining as *Laghu panchamula*. [13] It is said to be an effective *Shothahara* (Anti-inflammatory) and is extensively used in *Vata-Kapha* predominant diseases [14] as well as in the management of different inflammatory ailments [15] *Vata* is the main culprit in *Tamakaswasa*, and *Dasamoola* could be an effective drug in managing It. *Vata* is believed to be the main factor responsible for the vitiation of the other two doshas, leading to the occurrence of disease. Hence, it is very important to address vitiated *Vayu* in the management of *Tamakashwasa*, and *Dasamoola* is one such miraculous drug in alleviating the vitiated *Vata*. *Haritaki* is another primary ingredient in *Dasamoola haritaki Rasayana*, which is *Laghu, Ruksha, Kashaya Pradhana Pancha Rasa* (except *Lavana*), *Madhura Vipaka, UshnaVeerya, Rasayani* and *Vata- Kaphahara* in nature [16]. *Laghu guna* is *Lekhana & Ropana* in nature [17], whereas *Tikshna guna* is *Sodhana & Kaphavatahrut* [18]. *Laghu & Tikshna guna* act as antagonistic to gunas of *Kapha*, normalising the *Kapha*; *Ruksha guna* does *Shoshana*[19] & is *Kaphahara*. [20], which prevents the vitiation of *Kapha in Pranavaha srotas*. *Katu rasa* combats the *Kapha*, clears the obstruction in the *Srotas* and does *Sodhana* [21],

whereas *Kashaya rasa* alleviates the *Kapha and Pitta* disorders and the *Sodhana* effect [22]. *Tikta rasa* has the property of the *Lekhana* and *Kanta-sodhana* properties [23] *Ushna veerya*, contribute to *Pachana, Kapha vilayana* properties and also a potent *Vata-kapha samaka* [24] *Haritaki* regularizes the direction of *Vata* and hence acts as good *Vatanulomaka*. It mainly acts on *Prana Vayu and Apaana Vayu*. Apart from that, it's an excellent Antioxidant, anti-bacterial, anti-inflammatory, spasmolytic, -phlegmatic and anti-tussive [25] Such pharmacological properties of *Haritaki* may validate its use in *Pranavaha sroto vikara*, specially *Tamakaswasa*. *Trikatu (Shunthi, Maricha and Pippali)* has been reported to increase the bioavailability of drugs. Its *Ushna, Teeksha guna* and *Deepana –pachana* properties help prevent *Ama* formation and vitiation of *Kapha*. Reported pharmacological activities of *Trikatu* include anti-inflammatory, hepatoprotective, antioxidant, antimicrobial, antifungal activity, etc. [26] *Yavakshara* (ash of *Hordeum vulgare*) possesses *Ushna, Tikshnaguna, Chedana, and Lekhana* (scraping action) properties. According to *Bhaishajya Ratnavali*, *Yavakshara* is superior and best among other *Kshara* (alkali). It can also be used as *Lekhana karma* (scraping action) and has diuretic properties.[27]

## CONCLUSION

*Tamakaswasa* is a very disturbing and most frequently encountered condition in pediatric practice. *Sroto avarodha* [obstruction of channels] caused by *Dushta Kapha and Vata* causes *Pranavayu* to move to *Vilomagati*. Ayurveda emphasises the importance of Drugs / Formulations that are beneficial in removing the *Sroto avarodha* and maintaining the physiological equilibrium of *Vata and Kapha*, with specific guidelines with drugs having *Vata-Kapha Hara, Ushna, and Vatanulomana* properties *Dasamula haritaki* – a potent polyherbal preparation with *Dasamula and Haritaki* as a chief ingredients could be helpful, not only in management of *Tamakaswasa* by removing the *Srotorodha* [bronchial obstruction]; but also it can prevent the recurrence of the disease due to its unique pharmacological principles. It

could be a boon among children in the field of management of *Tamakaswasa*.

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